



## Why Complete the PDHRA?

### For yourself:

The PDHRA empowers each of you to take control of your health. By identifying your health and readjustment concerns early, you can resolve problems that could – if left unattended – negatively affect your deployment status, career, or life beyond deployment.

### For your family:

Your family's peace of mind is an important part of your own well-being. Some family members worry about how deployments can affect their loved one's health. When you complete the PDHRA, you can reassure them that any health concerns you have will receive professional attention.

### For the Army:

Deployment-related health concerns and problems may appear subtly over time and go unnoticed, even among service leaders and fellow soldiers. When you complete the PDHRA and answer candidly about your health status and concerns, the reassessment provides healthcare personnel with a comprehensive view of your health. A healthy soldier is a ready soldier – ready not only for deployment, but for life after deployment.

### For the future:

By completing the PDHRA you enable healthcare providers to initiate early medical care for your deployment health concerns. Early treatment can keep medical concerns from becoming chronic problems.

## Helpful Resources

Army One Source 1.800.464.8107  
Army Information Line (1-800-833-6622)  
8 a.m. to 4:30 p.m. EST, Mon-Fri

### TRICARE

Pharmacy Program 1.877.363.6337  
Pharmacy Mail Order 1.866.363.8667  
Pharmacy Retail 1.866.363.8779  
For Life/Dual Eligibles 1.866.773.0404  
Retiree Dental Program 1.888.838.8737  
Dental Program 1.800.866.8499  
DEERS 1.800.538.9552  
Prime Remote 1.888.363.2273  
US Family Health Plan 1.800.748.7347  
Online 1.800.538.9552  
North 1.877.874.2273  
South 1.800.444.5445  
West 1.888.874.9378

Military Medical Support Office 1.888.647.6676  
Department of Veterans Affairs Benefits  
1.800.827.1000  
Medical Centers 1.800-827.1000  
Persian Gulf War Help Line 1.800.749.8387  
VA Regional Office 1.877.222.8387  
National Coalition for Homeless Veterans  
1.800.838.4357  
Focus on Recovery Help Line (alcohol/drugs)  
1.800-374.2800  
National AIDS Hotline 1.800.342.2437  
National Crisis Hotline 1.800.784.2433  
National Suicide Support Number 1-888-784 2433

## Deployment Health

# Post Deployment Health Reassessment

*“Safeguarding Your Health”*



<https://fhp.osd.mil/pdhrainfo>